

Listening · Day 4 — Daily Routine & Food

Part 1

~30 min · Flexible · class time or home practice

Two reliable Part 1 topics bundled together. Routine answers naturally use the present simple and frequency adverbs; food answers open the door to nicer adjectives. Listen for tense control.

Say: *Routine and food today. These topics let you show off frequency words — “usually”, “every now and then”, “hardly ever” — and some tasty adjectives. Small touches, but they add up on the band scale.*

How to run it

Put students in pairs (A and B); online students drop into breakout pairs. A plays the examiner and asks the questions below; B answers. Push B for two to three sentences per answer — never a bare one-word reply. Swap roles after about six minutes, then re-pair with a fresh partner and run the set a second time, faster and more fluently. Part 1 has no preparation time in the real test, so don't let students plan — ask the question and they answer on the spot. That on-your-feet fluency is exactly the skill this builds.

Questions — Daily Routine & Food

1. What does a typical weekday look like for you?
2. Are you a morning person or a night person?
3. What did you have for breakfast today?
4. What's a typical meal in your country?
5. Do you prefer eating at home or eating out? Why?
6. Has your diet changed over the last few years?
7. Can you cook? What can you make?

More questions — build a bank

Routine

8. What time do you usually wake up and go to bed?
9. Is your routine the same on weekdays and weekends?
10. Has your daily routine changed in the last few years?
11. Is there anything you would like to change about your routine?

Food & eating

12. What kinds of food do you usually eat during the week?
13. Do you prefer home-cooked food or eating out? Why?
14. Is there a food you really dislike?
15. Has the food people eat in your country changed over time?

More on food

16. Who does most of the cooking in your home?
17. Do you think people eat more healthily now than before?
18. Are there traditional dishes you enjoy on special occasions?

19. Do you prefer a big breakfast or a light one?
 20. Is fast food popular where you live?

Example answers — short reply grown into a full one

What does a typical weekday look like?

It's fairly routine, to be honest. I'm usually up by seven, at my desk by nine, and I try to take a proper lunch break to get outside. Evenings I keep free for cooking and catching up with family.

Are you a morning or a night person?

Definitely a morning person. I do my best thinking before about eleven, so I try to tackle anything difficult early. By the evening I'm fit for nothing more demanding than a film.

What's a typical meal in your country?

A really common one is dal bhat — lentils, rice and some vegetables. It sounds simple, but every household makes it slightly differently, and it's the kind of meal you never get tired of.

Pair-work sequence (~30 min)

- ▶ **Interview · 13 min** — A asks every question, B answers (~6 min); swap so B asks and A answers (~6 min). The examiner-partner keeps the pace brisk, like the real test, and resists chatting back. No planning — straight in.
- ▶ **Extend & re-run · 13 min** — New partner. Run the set again — but now every answer must carry a reason (“because...”) and one example or detail. Faster, more natural delivery.
- ▶ **Feedback · 4 min** — Whole-class: read out two answers you overheard that grew from one word into a full, natural reply.

Listen for / feedback: Mark any answer that stops at one word — push that student for a reason and a detail. Praise natural extenders: “Well, actually...”, “I’d say...”, “It depends, but...”. Note tense slips (“I go yesterday”) for a quick thirty-second correction at the end.

Flexibility: Short on time today? Assign the whole set as paired home practice — a quick voice call or an in-person run — and have each student record one answer to bring back. If the room runs ahead of schedule, this slots straight in after the wrap-up.